



**Statistics Report 01224, Protein supplement, milk based, Muscle Milk Light, powder**

**Report Date: July 11, 2017 15:03 EDT**

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	1200	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Iron, Fe	mg	12.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Magnesium, Mg	mg	280	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Phosphorus, P	mg	700	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Potassium, K	mg	840	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Sodium, Na	mg	250	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Zinc, Zn	mg	10.00	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Copper, Cu	mg	1.400	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Selenium, Se	µg	33.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	42.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Thiamin	mg	1.000	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Riboflavin	mg	1.200	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Niacin	mg	14.000	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Pantothenic acid	mg	8.000	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin B-6	mg	1.400	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Folate, total	μg	280	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Folic acid	μg	280	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Folate, DFE	µg	476	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total	mg	81.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin B-12	µg	4.20	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin B-12, added	µg	4.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin A, RAE	µg	1050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	µg	1050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin A, IU	IU	3500	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin E (alpha-tocopherol)	mg	9.45	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	9.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin D (D2 + D3)	µg	7.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin D3 (cholecalciferol)	µg	7.0	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin D	IU	280	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	1.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
16:0	g	0.435	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:0	g	0.653	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fatty acids, total monounsaturated	g	8.474	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:1 undifferentiated	g	8.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:1	g	0.217	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:1 undifferentiated	g	0.109	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fatty acids, total polyunsaturated	g	1.239	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:2 undifferentiated	g	1.196	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:3 undifferentiated	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Cholesterol	mg	10	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009